

Fight Rickets with Vitamin D

by Jane Krauhs

Dancin', prancin', jumpin' like the crickets—
Can't do those much if you've got rickets.
Your bones can hurt, might even break.
Rickets is worse than a stomach ache.

Do your legs look like you've been on a horse?
If you're not a cowboy, see the school nurse.
Got all your teeth yet? Do they hurt?
Can all your buds wrestle you to the dirt?
Do muscle cramps have you tied up in knots?
Are you still the same height as the little tots?
If you see yourself in this description,
Go over to the clinic to get a prescription.

To keep yourself up on your feet,
You've got to know the right things to eat.
Vitamins can keep you healthy,
And if you're in good health, man, you're wealthy!

Eatin' cereal, vegetables, beans, and fruit
Shows your body that you give a hoot.
They give you vitamins A, B, C,
But for strong bones, get plenty of vitamin D.

Vitamin D is smooth as silk,
'Cause you can drink it right down in a glass of milk.
If it's not the real McCoy,
It might be rice or it might be soy.
Check the label, look for that D.
Ask your daddy or mama to see.

Tell them to talk to a doc about food,
To make sure you're getting the stuff that's good.

Keep dancin', prancin', jumpin' like the crickets—
Drink milk every day so you won't get rickets.